

# BELMONT-HARRISON CAREER CENTERS



FREE BREAKFAST FOR  
STUDENTS  
ADULT BREAKFAST \$ 2.75

## BREAKFAST Menu

JANUARY-MAY 2026

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	FRENCH TOAST FRUIT, YOGURT MILK, JUICE	PANCAKE WRAPS FRUIT, YOGURT MILK, JUICE	PARFAITS FRUIT, YOGURT MILK, JUICE	FRUDELS FRUIT, YOGURT MILK	DONUT HOLES FRUIT, YOGURT MILK, JUICE
2	STRAWBER RY or CINNAMON BAGELS FRUIT, YOGURT MILK, JUICE	Breakfast BURRITO FRUIT, YOGURT MILK, JUICE	PARFAITS FRUIT, YOGURT MILK, JUICE	ASSORTED FLAVORED WAFFLES FRUIT YOGURT, MILK, JUICE	CINNAMON ROLLS FRUIT, YOGURT MILK, JUICE
3	ASSORTED MUFFINS FRUIT YOGURT MILK , JUICE	BANANA OR BLUEBERRY BREAD FRUIT YOGURT MILK , JUICE	PARFAITS FRUIT, YOGURT MILK, JUICE	PANCAKES FRUIT, YOGURT MILK	ICED DONUTS FRUIT, YOGURT MILK, JUICE
4	PANCAKES WRAPS FRUIT YOGURT	Breakfast BURRITO FRUIT YOGURT	PARFAITS FRUIT, YOGURT MILK, JUICE	ASSORTED FLAVORED WAFFLES FRUIT	CINNAMON ROLLS FRUIT YOGURT
MILK, JUICE		MILK, JUICE		YOGURT, MILK, JUICE	

### NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19.<sup>1</sup>
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal.<sup>2</sup>

August 2025						
S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2025						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2025						
S	M	T	W	T	F	S
				1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2025						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

Assorted Cereals  
Pop tarts  
Yogurt  
Fruit

DRINKS  
Milk  
Juice

This institution is  
an equal  
opportunity  
provider,  
,employer, and  
lender.

1. NHANES 2013-14.

2. NHANES 2011-2012 and NHANES 2013-2014.